

CRABTREE VALLEY BAPTIST CHURCH



THE VALLEY ECHO

September 8, 2014

Please mail all correspondence to: P.O. Box 30954, Raleigh, NC 27622

Church location: 4408 Lead Mine Rd Raleigh, NC 27612 Phone: (919) 781-5345

Email: cvbc@crabtreevalleybaptist.org Website: www.crabtreevalleybaptist.org

Facebook: Crabtree Valley Baptist Church Twitter: CrabtreeBaptist



“Abundant Christian Living”

*“I came that they may have life,
and have it more abundantly.”*

(John 10:10b)

September 14 - Romans 14:1-12

“Welcoming Others”

September 21 - Philippians 1:21-30

“Boasting in Christ”

September 28 - Philippians 2:1-13

“Imitating Christ’s Humility”



Make plans to join us this Sunday, September 14th. We will be ordaining and installing Mr. Robert Best as our new deacon. Please be in prayer for Robert and all of our deacons, as well as all of our other members who will serve in leadership roles for the upcoming year.

Crabtree Cafe

Sunday, September 14

Menu: Chicken enchiladas, black beans and corn, cucumber salad, and assorted desserts. Donations will be accepted to help with Passport Youth Camp.



There's Room for **YOU!**

You just never know what's next for our church. On Monday, I had the opportunity to take my first ever yoga class! Our class was filled with members and non-members; folks like me who had never had a yoga class and it was so much fun! Some of us were on the floor with our mats and some participated from chairs. I was amazed at how challenging the poses were. It wasn't long before I had worked up a pretty decent sweat. I left feeling invigorated and centered.

What do I mean by centered? Day after day most of us are presented with a plethora of things to see, do, attend to and consider. And most of us take little or no time to clear our heads and really relax. And when given the opportunity to sit quietly and just breathe, it's like slowing life down and taking account of where you are in the chaos. That part of the exercise is definitely going to take some practice. I think that's as important as learning the movements, though.

Our instructor, Cindy, opened and closed our session with encouraging Bible verses. Then we were invited to sit around the tables and participate in a short devotional. It was a sneak peek at what Pastor Nola will be preaching about on Sunday. It was so interesting to have several people read the same passage and yet come up with numerous things that stood out to them individually.

I'm already looking forward to next week's session. Who knows – I might even open the yoga DVDs I bought years ago and try to work on some poses this week. It was a good time of fun and fellowship. AND next week, we'll have the opportunity to bring lunch, eat with friends and have a card-making workshop. Sandi Robinson has offered to show us how to create our own greeting cards. I'm looking forward to that, too!! Don't worry if you couldn't come this week. Come on next week and bring a friend if you want. We've got the space. We live in God's world and God says, “All are welcome”.

Submitted by Linda Wheeler

**** If you would like to join this class, please arrive by noon to sign in and get situated. The class begins promptly at 12:15.**

Church office contact information:

Pastor • Nola Boezeman pastor@crabtreevalleybaptist.org

Office hours: Mon-Tues: 8am-3pm & Wed: 8am-2pm

Secretary • Peggy Utley cvbc@crabtreevalleybaptist.org

Office hours: Mon-Thurs, 9am-3pm

Website updates/maintenance: webmaster@crabtreevalleybaptist.org

Weekly Church Calendar

EACH SUNDAY

- *9:45am Sunday School
- *11:00am Worship Service
- *Child care provided downstairs.
- 2:00-7:00pm Kenyan Fellowship

EACH MONDAY:

- 9:00am-12:00pm Hope Pantry is open
- 12:00-1:00pm Beginner Yoga class
- 1:00-2:00pm Crafting with a Purpose

EACH TUESDAY:

- 6:00-8:00pm Kenyan Fellowship

EACH WEDNESDAY:

- 9:00am-12:00pm Hope Pantry is open
- 6:30pm Children and Youth Mission groups
- 7:00pm Bible study & Prayer
- 8:00pm Choir Practice

EACH THURSDAY:

- 8:00pm Gamblers Anonymous

EACH FRIDAY: 7:00-10:30pm Kenyan Fellowship

MONTHLY: (4th Thursday of each month)

- 6:00pm Young Hearts (Senior Adults)

Calendar of Events:

Each Wednesday:

- 1:00pm & 7:00pm Bible study

Sunday, September 14

- Ordination of Robert Best
- Crabtree Cafe

Monday, Sept 15

- 12:00pm Beginner Yoga class
- 1:00pm Greeting Card crafting class

Tuesday, Sept 16

- 7:00pm Stewardship meeting

Attendance 9/7

Sunday School 35

Visitors

Total 35

Worship Attendance: 65

Deacon for this week: 9/14 Walt Switzer

Deacon for next week: 9/21 Jean Glosson

Greeter Schedule (front entrance)

9/14 Christine Eller 9/28 Jim Greene

Properties for September

Randy Walker George Shore
Steve Wheeler David Jenkins

Ushers for September

Rudy Barden Ben Best
Ed Glover Frances Viano

Alternate: Whitt Stallings



SHARE THE SONSHINE

This week, Sept 7-13: Bill & Johnnie Grubbs

Next week, Sept 14-20: Lee & Iva Snyder

Copies of the NEW calendar for Sept – Dec, are available on the table in the church narthex. *Let's Share the Sonshine!*

PRAYER CONCERNS:

HOME:

- Gerry Campbell
- Jim Weaver
- Mildred Jenkins
- Cassie Glover
- Susan Carden – Frances Viano's daughter
- Jean Greene
- Pam Bilbro

REHAB & CARE FACILITIES:

- Al Coley – Sunrise at North Hills – Room 286
- Wilton Harris – Heritage Woods Ret. Comm. - Winston-Salem

HOSPITAL:

- Lee Snyder – UNC Hospitals: pneumonia



Greeting Card Ministry

Starting Mon, Sept 15 at 1:00pm

Would you like to make your own cards? If so, then join this 1 hour class being taught by Sandi Robinson! She will provide materials and guidance on how to design and make a variety of cards. The first class will focus on Thank you, Thinking of you and Sympathy cards. For those attending the Yoga class, bring a bag lunch, and plan to stay for this also!



The Hope food pantry is running low on, or is completely out of the following items:

- Canned meats, Spam and Vienna sausages
- Canned vegetables (have plenty of green beans)
- Cereal, Rice, Oatmeal
- Fruit juice and jelly (plastic bottles)
- Canned soups and fruit

Thank you for your continued contributions!